How to Use an Inhaler Nasal Spray

Supplies you will need

• A standard baby bottle nipple. Do not use a Playtex® nurser nipple.
• Your meter dose inhaler.

Steps to Follow.

1. Gently blow your nose to clear the nostrils.
2. Remove the mouthpiece cap from the inhaler.
3. Remove the baby bottle nipple from the plastic cover.
4. Cut a larger hole in the nipple where the tiny hole is. This needs to be large enough for the medication to go through it into the nostrils.
5. Attach the nipple to the mouthpiece of the inhaler.
6. Prime the inhaler 4 times before using the first time. If you haven’t used the inhaler in 7 days or the inhaler has been dropped prime it 1 time.
7. Shake the inhaler well for 5 seconds before each spray.
8. Put the nipple up to one nostril. Bend your head forward so the spray will aim toward the back of your nose.
9. Aim the inhaler away from the center of your face and gently sniff the spray. Do not snort it. (see picture)
10. Breathe out through your mouth.
11. Repeat the steps for the other nostril.
Repeat the steps 1-11 if you have been told to use more than one spray. **Always** follow the prescription instructions and let your health care team know if it works.

**Store your inhaler upright** with the mouthpiece down like a boot in the closet.

Clean your inhaler once a week after the evening dose. Use a cotton swab dampened with water to clean the small circular opening where the medicine is sprayed from the canister. Gently twist the swab in a circular motion to remove any medicine. Repeat with a clean, water-dampened swab to remove any medicine still at the opening. Wipe the inside of the plastic actuator mouthpiece with a clean tissue dampened with water. Let the actuator air-dry overnight.

**Do not put any part of your inhaler in water.**

**Hint:** Keep an empty dispenser. Place canister in this dispenser and switch with each weekly cleaning.

The Spanish version of this *Health Facts for You* is #6927.